ANNUAL SPRING CONFERENCE
2017
Your Program on the Cloud
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On behalf of the WAMFT Board of Directors and the WAMFT 2017 Conference Committee, we would like to welcome you to the 2017 Annual Spring Conference! This year’s conference theme is, “Embrace the World,” and we are very excited to bring the WAMFT membership a day focused on just that. We are extremely excited to have Dr. Dana Stone with us to present on Meaningfully Engaging Multiracial Individuals, Couples, and Families in Therapy. We also have some wonderful research done by up-and-coming MFTs from the Edgewood College Marriage and Family Therapy Program. And of course, the WAMFT Annual board meeting will occur at the end of the day, where the focus will be on goals and future strategies for continuing WAMFT’s reputation for being a cohesive, innovative, and relevant organization that is devoted to serving its membership.

Our Conference Committee worked very hard putting this conference together. We would like to extend a BIG thank you to our keynote speaker, Dr. Dana Stone, for her time and willingness to fly across the country to share with us her wonderful information. We would like to also thank Amanda Anderson for her commitment to both being the liaison with Dr. Stone, and a big thank you to both Amanda Anderson and Joy Wagner for securing sponsors and exhibitors for this year’s conference. The co-chairs would also like to thank Julia Smith for her media connection and email blasts, Raven Eggson-Washington for helping to person the registration table, Elizabeth Ellison, WAMFT Board Member and Newsletter Editor, for her help with the Conference Manual, Tammy Conrad, WAMFT President, for her support and willingness to assist the Conference Committee in any way, shape, or form, as well as Bob and Le Jordon who lent their expertise and understanding to multiple tasks and projects, including formatting the conference manual and helping WAMFT Go Green! Lastly, we want you to know how much we truly appreciate all of you and hope this conference inspires your continued involvement with the field of marriage and family therapy!

Please visit our conference exhibitors and sponsors in the hallway outside the main conference room who are here to inform you on how their services can assist you or your clients. Also, don’t forget to peruse the rest of our online conference manual to find other professional resources. These sponsors help support WAMFT in our mission to keep bringing you the best conference experience possible.

We sincerely hope you find this year’s Annual Spring Conference to be enriching, inspiring, and enjoyable! Please make sure to stop by and talk with us or any other WAMFT Board Member to learn more about your WI organization and the variety of ways you can get involved!

Cheers!

William Hutter, PsyD, LMFT
Jessica Schultz, MS MFT, CFT
2017 WAMFT Conference Chairs
Spring 2017 Mediation Training Series
Pyle Center | 702 Langdon St. Madison, WI

Earn valuable continuing education hours. Fulfill Wisconsin Chapter 767 requirements. Match the 40-hour professional standard for mediators.

**Mediation Skills: 40-Hour Basic Training**
*Mar 29-30 and Apr 19-20, 8:30am-4:30pm; and Mar 31 and Apr 21, 8:30am-2:30pm*
*Cost: $1,095 through Mar 1, $1,295 after*
- Demonstrate the mediation process and role of the mediator
- Identify effective listening and communication skills that enhance the mediation process
- Respond to mediation challenges such as difficult behaviors and power imbalances

**Refining Your Mediator Skills: Working through Impasse, High Conflict, and Keeping Safe**
*May 18, 8:30am-3:30pm*
*Cost: $150*
- Identify a potential impasse before it occurs
- Employ strategies for working through impasse
- Apply techniques for dealing with high-conflict individuals

**Mediation and Domestic Abuse**
*May 17, 8:30am-3:30pm*
*Cost: $150*
- Identify tools and protocols used to screen for domestic abuse
- Decide when and how to proceed with mediation and when to terminate
- Evaluate complex ethical and policy issues concerning the mediation process when abuse is a factor

**Contact Us:**
continuingstudies.wisc.edu/mediation
608-262-2451 or 800-725-9692 (Wisconsin Relay 711)

**Questions?**
Contact Ann Whitaker at ann.whitaker@wisc.edu or 608-890-2747
Meaningfully Engaging Multiracial Individuals, Couples, and Families in Therapy

Featuring Dr. Dana Stone

Workshop Overview

As marriage and family therapists, we must continuously expand our knowledge and effective skills for working with more diverse populations. Multiracial individuals, couples, and families are one such population deserving increased attention. While the multiracial individual, couple, and family experience is complex, researchers generally contend that this group may encounter stressors such as racial discrimination; stigmatization; microaggressions from outside and within the family; and personal, familial, social, and/or political pressure regarding their individual, couple, and/or family identity. This is also a diverse group of people who have been resilient as families, activists, and social change agents. In this workshop, participants will learn more about who the multiracial population is—what defines this group as individuals, couples and families. As well, participants will be immersed in the stories of this subgroup of the U.S. population through first person narratives, review of the latest research, and interactive activities. Another core component of the participant’s workshop experience will include self-of-the-therapist exploration related to their social location and personal identity and facilitated engagement with others at the conference related to these ideas. Finally, participants will learn effective ways to reach these potential clients in your communities as well as meaningful interventions and useful models of therapy for addressing some of their unique challenges.

Brief Biography

Dana Stone, Ph.D. is a licensed marriage and family therapist and assistant professor and fieldwork coordinator in the marriage and family therapy program at California State University, Northridge (CSUN). She is a clinical fellow and approved supervisor of the American Association for Marriage and Family Therapy. Dana has been working as a marriage and family therapist for over 13 years and she has been teaching graduate students in marriage and family therapy for 10 years, with an additional two years of teaching undergraduates on the topic of Human Sexuality at Virginia Tech. While a doctoral student at Virginia Tech, Dana found her passion for teaching and began her pursuit of researching and writing about diverse families, specifically interracial families and biracial identity development. Dana completed her pre-doctoral internship at the University of Oregon, where she taught and clinically supervised graduate students in marriage and family therapy, saw clients at multiple community agencies, and conducted qualitative interviews with multiracial individuals and their parents for her dissertation on biracial identity development. Dana’s investment in writing, reading, and researching about multiracial individuals and their families stems from her personal experience as a biracial (Black-White) female growing up in an interracial family. When Dana began her research on the topic, material was limited; especially literature that included the perspectives and experiences of multiracial individuals and their parents. Now, there is an entire multidisciplinary field of multiracial studies and critical mixed-race theory. Dana has written articles and presented lectures and workshops on the multiracial experience and the experiences of interracial families for counselors and therapists in graduate programs, and at state and national conferences. Dana continues to research and write for publication on the topics of biracial identity, interracial families, and supporting beginning MFTs (specifically MFTs of color) to find their voices and flourish in the profession.
“... I looked at Edgewood College because of the values and the level of clinicians that the program produces.”

- Jessica Schultz MS, MFT, CFT

Learn to work holistically and relationally with individuals and families.

- Program is structured as a supportive, consistent cohort
- Begin the program in the fall or spring semester
- Qualify to apply for licensure in Wisconsin.
- Classes are held during week night evenings
- Take courses as a full-time or part-time student

The Marriage and Family Therapy Master’s Program at Edgewood College is accredited by the Commission on Accreditation for Marriage and Family Therapy Education (COAMFTE) of the American Association for Marriage and Family Therapy.

“Marriage and Family Therapy can help you be a better person over all because it doesn’t just look at you, it looks at all of the different facets of your life. Once I knew I wanted to be a Marriage and Family Therapist, I looked at Edgewood College because of the values and the level of clinicians that the program produces.” -- Jessica Schultz MS, MFT, CFT

QUESTIONS? CONTACT JENNA ALSTEEN | JALSTEEN@EDGEWOOD.EDU | 608.663.4255 | WWW.EDGEWOOD.EDU
Kudos to Our 2017 Conference Co-Chairs

Jessica Schultz, MS, MFT, is the owner and co-founder of BeYOUtiful Minds & Fitness LLC [www.RecreateYourLifestyle.com]. Her professional mission is to help individuals, couples, and families re-create their lifestyles, re-write their personal stories, and increase their physical and mental wellbeing. She accomplishes this through a holistic approach that combines personal training and marriage and family therapy. Jessica’s professional education and certifications includes a Bachelor’s of Science in Human Ecology from the University of Wisconsin—Madison and a Master’s of Science in Marriage and Family Therapy from Edgewood College. She also has her Fitness Trainer and Sports Nutrition Specialist certifications from the International Sports Sciences Association. In addition to BeYOUtiful Minds & Fitness, Jessica currently serves as the WAMFT Conference Committee Co-Chair. During her free-time, Jessica prioritizes self-care; focusing on keeping life simple while fighting her instinct to stay busy. She encourages all WAMFT members to do the same—once you get the hang of it, it’s pretty great!

William Hutter is one of the co-chairs for the WAMFT Conference Committee. He has a doctorate in Clinical Psychology and is a Licensed Marriage and Family Therapist in the State of WI. Dr. Hutter’s clinical focus has included the forensic population, working with both the NGRI (Not Guilty By Reason of Insanity), and with sexual offenders; in addition to training and clinical work around suicide awareness and prevention, as well as working with issues related to culture and underserved populations. Aside from direct clinical work, he has worked throughout the Southern Region of Wisconsin educating and training county programs and community stakeholders on various elements of DHS 34 and Emergency Mental Health Services, as well as on suicide and risk assessment, crisis and safety plan writing, and cultural humility. Dr. Hutter is currently the Associate Dean of the Marriage and Family Therapy program at Edgewood College and has a small private practice in downtown Madison.

Kudos too, to their Committee Members

Amanda Anderson  Julia Smith  Joy Wagner  Sara Kind-Michels
Raven Eggson  Nancy Robinson  Samuel Taubenheim
Kelly R. Kinderman  Tammy Conrad
Dream Lanes is one of the finest independently owned bowling centers in the country.

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Madison, Wi 53714

608-221-3596 (DL)
608-222-5001 (PP)
POSTER 1

Names of Researchers: Olivia Gilkey-Meisegeier, Taylor J. Morrison & Joslynne Schneider

Title of Project: Effects of Mother’s Parent-Child Attachment Style on Perceived Severity of an Autism Spectrum Disorder

Brief Summary of your project: The purpose of this study is to study the correlational relationship between parenting style and parent-child attachment style and their effects on the perceived severity of a child’s diagnosis of Autism Spectrum disorder. We hope that this project brings more awareness to the ASD community and helps researchers, clinicians, and parents of children on the spectrum to understand how their parenting styles have (or do not have) an effect on the symptoms and severity of the ASD diagnosis.

POSTER 2

Names of Researcher: Chuck Matz

Title of Project: Adult Attention Deficit – Hyperactivity Disorder: The Effect of the Age of Diagnosis on Relationship Satisfaction

Brief Summary of your project: This project investigates the age an individual is diagnosed with ADHD can negatively influence their satisfaction in intimate relationships and will also increase the likelihood of developing an insecure attachment style in respect to their partners. The results of the research are presented separately to facilitate the interpretation of the findings by the variables compared. The interpretation of the findings was completed to evaluate the validity of this project’s hypotheses and as confirmation of the finding of previous research related to relationship satisfaction and happiness, attachment style (i.e. secure, avoidant, anxious, dismissive), and possible correlations with Adult ADHD and its subtypes (i.e. Predominantly Hyperactive/Impulsive, Predominantly Inattentive subtype, Combined).
**Poster 3**

**Name of Researchers:** Steven Blank and Jody Reiss

**Title of Project:** Can Resistance to War Be Therapeutic to Veterans with PTSD?

**Brief Summary of your project:** The primary objective of this research project is to explore the experiences of veterans who actively resist acts of war. The intention of this research project is to understand if active engagement (rather than avoidance) influence symptoms related to mental health in general and Post Traumatic Stress Disorder (PTSD) in particular. By gaining a better understanding of this understudied group, it is believed that these individuals will be better served by clinicians and staff who serve them.

**Poster 4**

**Names of Researchers:** Dylan Bahrke, Michelle Hemken, Josie Montanez-Tyler, Nate Olson & Caroline Scheidler

**Title of Project:** Interest and Anxiety: Marriage and Family Therapy Students Learning Research Methods and Exploring the Value of a Self-Compassion Practice

**Brief Summary of your project:** A quantitative team will use a quasi-experimental design to look at change in self-reported self-compassion and anxiety using pre/post measures with a class and a comparison group. A qualitative team will use a phenomenological approach to conduct interviews with participants prior to, during, and after intervention to monitor the experience of individuals in the class.

**Poster 5**

**Names of Researchers:** Diana Ziegler

**Title of Project:** The Mind-Body-Spirit Connection for Highly Sensitive People

**Brief Summary of your project:** This project used two assessments: one to identify if the participant is one of the 20% of the population (Aron & Aron) that is Highly Sensitive and the other assessment is a Mind-Body-Spirit Assessment developed by a Chinese researcher that has been used in identifying needs for treatment of clients who have serious illnesses or disorders. Using these assessments, I will be able to compare the results of participants who are not HSP with people who are HSP in similarities or differences in their Mind, Body, and Spiritual health.

“My therapy is quite simple: I wag my tail and lick your face until you feel good about yourself again.”
Please Help Us Congratulate our 2017 Carl Whitaker Award Recipient

Linda Pellmann

About the Carl Whitaker Award:
The Carl Whitaker Award is given to a WAMFT member who has distinguished themselves by contributing to the field of Marriage and Family Therapy in creative or innovative ways. It is named after Carl Whitaker because he was a pioneer in the marriage and family therapy field. Through his experiential family therapy, he was personally engaged in helping families bring about change and flexibility in the family system.

About our Winner:

Linda Pellmann has been a Licensed Marriage and Family Therapist since 2001. She was called to become a counselor in 1996. During the 20 years prior to that Linda spent her time raising her three children. She volunteered extensively in her children’s schools, the community, and her family’s church. Linda is passionate about relationships and encouraging others so it made sense to her to become a counselor. She explored the three master level degrees and knew that MFT systemic approach was the best fit. She was introduced to AAMFT during her graduate program and made it her professional home when she moved to Wisconsin. Linda joined the WAMFT Board in 2001 and served as President from 2008 to 2010.

Linda has worked at New Life Resources, Inc since 2000. She specializes in marital counseling and family counseling and leading women's therapeutic groups. She leads family systems supervision at the agency challenging her colleagues to think systemically about both their individual and family/couple clients.

Linda has the privilege of teaching graduate courses as a guest and adjunct instructor in several programs including UW Whitewater and Evangelical Theological Seminary in Prague, Czech Republic. She has presented on several professional topics including marriage and family, general mental health, and integration of faith and psychology. She is greatly interested in growing MFT by supervising and mentoring students and licensed professionals.

Linda serves on the DSPS Marriage Family Therapy Professional Counselor Social Work Examining Board. She is honored to represent you and the citizens of Wisconsin in this capacity.

Linda’s varied professional experiences have taken her to Haiti to treat trauma victims six weeks after the 2012 Earthquake. She went as part of a three-person team to counsel Haitian World Relief Staff and other ministry leaders. The devastation opened her eyes further and compelled her to work internationally. She has been invited to the Czech Republic three times since 2012 to teach and consult in various capacities: bachelor and master students, pastors, leaders and multi-day events.

Linda and Ned have been married for 45 years, have 3 children, and 5 grandchildren.
The 2017 WAMFT Board of Directors

Tammy Conrad MS, LMFT
Tammy wears many hats beyond her position as President of WAMFT. Tammy is a professor at both Edgewood College and Madison College, she facilitates a cancer support wellness group at Gilda’s Club, and has a small private practice. She is an AAMFT-approved supervisor, PREPARE-ENRICH Facilitator & Seminar Trainer, Human Services- Board Certified Practitioner, Certified Family Life Educator, and holds certifications in EMDR-Level 1, Trauma I & II, and is an Infant and Early Childhood & Family Mental Health Fellow. Tammy is passionate about working with families & couples. Over the years, she’s enjoyed providing mental health consultation & reflective practice supervision to daycare centers, Head Start Centers, and home visiting programs. She provides group supervision for interns and residents at the Family Center and individual supervision to post-graduates and supervisors-in-training.

Tammy values life-long learning and exploring one’s ‘person of the therapist’. In addition to teaching, she is engaged in an 18-month evidence-based Child Parent Psychotherapy training program, a Developmental Model of Couple Therapy Training program, a Discernment Counseling training program, and the leadership certification program through AAMFT.

Christopher Wirth, LMFT
Christopher is a Licensed Marriage and Family Therapist (LMFT) who received a Master of Science (2010) from the Marriage and Family Therapy program of Edgewood College in Madison, WI and a Bachelor of Science (1997) from the Department of Psychology at the University of Wisconsin-Madison. He has worked in community mental health, out-patient, and in-home settings, and is currently in private practice at Mental Health Solutions S.C. Additionally, he offers supervision and consulting services for MFTs gaining hours towards licensure. He was elected to the Board of Directors for the Wisconsin Association for Marriage and Family Therapy (WAMFT) in 2016 as a Director at Large, where he served as chair of the Legislative Committee, co-chair of the Diversity and Social Justice Committee, and member of the Finance Committee. In 2017, he was elected to the office of President-Elect for WAMFT.

Stephani Storkson MS, LMFT
Stephani Storkson serves as secretary on the WAMFT board. She is a Marriage and Family Therapist at Foundations Counseling Center and works with youth and families, as well as serving as a supervisor and the agency’s referral coordinator. Stephani’s passion for the MFT field is working with youth who have experienced trauma and disrupted attachment. She lives in Evansville. In Stephani’s free time, she enjoys spending time with her family, photography, and playing soccer.
Andrea Mueller, LMFT

Andrea Mueller serves as Treasurer on the WAMFT board. She is a Marriage and Family Supervisor at The Family Center in Madison. Andrea’s passion for the MFT field is to provide support, leadership, and guidance to in-coming therapists though supervision. She also has a passion for infant mental health early intervention and prevention. She lives in Verona. In Andrea’s free time, she enjoys spending time with family and friends.

Sharon Austin, LMFT

Sheri serves as a director-at-large on the WAMFT board. She is a Marriage and Family Therapist at The Family Center with a client focus in substance use disorder and trauma. Sheri’s passions for MFT practice are based in applied mindfulness, TIMBo (Trauma Informed Mind Body Program), systems research, and art and horticulture therapies. Sheri lives in Janesville and in her free time enjoys hiking, “yardening” and fiber arts.

Elizabeth Ellison, MS LMFT

Elizabeth graduated from Edgewood College with her Master’s of Science in Marriage and Family Therapy in 2010. She practices in Dane County providing mental health treatment, psychoeducation, and community outreach through a variety of venues, including her private practice Family Therapy Service of South Central Wisconsin. Elizabeth has been a Parent Stress Line Advocate for The Canopy Center since 2007. She is passionate about helping those who experience financial difficulty access mental health treatment and community resources that will assist them in attaining the balanced life that they wish to attain.

Elizabeth is the WAMFT Newsletter Editor, a member of the WAMFT Board of Directors, the WAMFT Communications Chair, a member of the WAMFT Legislative Committee, and a part of the AAMFT Family TEAM. Elizabeth is excited to have the opportunity to communicate and collaborate with WAMFT members and other talented mental health professionals in Wisconsin to ensure mental health related topics are communicated with membership. Please reach out to her at the conference or contact her if you’re interested in offering your expertise to membership or if you would like to contribute to WAMFT communications. Elizabeth’s contact information: email- familytherapyservice@gmail.com phone- 608-358-5111
Melissa Bleiler, MS, LMFT
Melissa Bleiler serves as a Director-at-Large on the WAMFT board. She is a Counselor and Case Manager at the University of Wisconsin - Whitewater, working with university students of all ages; and she operates a private practice in Madison, where she works with couples. Melissa’s passion for the MFT field is the attention it places on the larger system of clients, which is used daily in her role at UW-Whitewater. She lives in Stoughton with her partner and many furry family members. In Melissa’s free time, she enjoys country drives in her classic VW convertible, playing at the dog park, gardening, and gaming with friends.

Rachel Slough-Johnson, LMFT
Rachel Slough-Johnson serves as a director on the WAMFT board. She is a bilingual marriage and family therapist trainee and sex therapist at Gundersen Health System and works with sexual abuse survivors, their partners, and their families. Rachel’s clinical interests include trauma, relational concerns, gender identity, and sex therapy. She lives in La Crosse. In Rachel’s free time, she enjoys reading, spending time with her husband, and playing electric violin.

Judith Warren, MS MFT
Judith Warren, MS, LMFT is currently in private practice at Healthy Connections LLC, located in Appleton. She also is the Mental Health Consultant for UW Oshkosh Head Start, Wellness Consultant for UMOS, Oshkosh, and Mental Health Consultant for Indianhead Community Action Agency. Judith serves as Director At Large on the WAMFT Board as well as co chairs the Diversity and Social Justice Committee. She also serves on the Finance Committee and the Legislative Committee.

While helping people live well in understanding their relationships, she is committed to providing a safe space for individuals and families to work through challenges and celebrate successes in life’s journey. The types of theoretical perspectives that typically provide input into her work with clients include Bowenian, Strategic, Narrative, Cognitive Behavioral, and Experiential. She has experience working with children, adolescents, adults, and the geriatric population.

Judith lives in Wautoma and in her spare time, she enjoys spending time with her family, traveling, and reading.
Joy Wagner (not pictured) serves on the sponsorship subcommittee of the conference committee. She is a Marriage and Family Therapist with LDS family services. Joy’s passion is helping couples come to a place of healing. She lives in Mayville. In Joy’s free time, she enjoys spending time with her family, reading, and being outdoors.

Julia Smith is a licensed Marriage and Family Therapist. She is currently on the conference planning committee in charge of social media.

Amanda Anderson is a member of the conference committee and took part in gathering candidates for our keynote spot, being point person for our keynote speaker, and helping with gathering sponsors/exhibitors/advertisers. Amanda has recently opened her own private practice in Oshkosh. She is also pursuing her doctoral degree in General Family Therapy from Northcentral University. At Northcentral University, Amanda volunteers as a state student coordinator representative notifying state coordinators of board decisions and being a voice for the coordinators at board meetings.
That's all Folks!
No, really . . . that's all!